

## Chapter 5 *Physical Activity*

### Module 4: Physical Activity Links

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#### Step Up and Step Out to link physical activity

##### EVERYWHERE YOU GO!

Physical activity opportunities can be found in the classroom, school cafeteria, community, and home. Physical activity might seem like it's hiding, but take a good look. You'll find activity all around you...not just in physical education classes!



Consider the following physical activity links when writing your coalition's action plan:

#### Physical activity links with the classroom

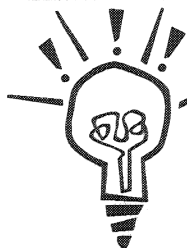


*"What we must learn to do, we learn by doing."*  
Aristotle

"The time that a classroom teacher has for recess and/or physical education can be greatly improved by integrating academics with physical education activities. Physical activity can be taught in the classroom, and academics can be taught in the gym". (1)

Consider:

- ♥ Both the classroom teacher and the physical educator can use integration to help students obtain extra practice in learning academic concepts from a skill development and movement perspective.
- ♥ An interdisciplinary learning experience can use movement as a language all its own. It can be combined with classroom subjects to increase and enrich the student's potential for retaining information.



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**Module Tip:**

Don't leave a link unturned. Look for physical activity opportunities to strengthen community spirit!

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**FAQs:**

- ❑ **Question:** I'm overwhelmed with the things I need to teach now; how can I possibly add activity to my classroom?
  - ❑ **Answer:** You don't have to add anything to your current curriculum, but just make a shift in the way that you teach and that your students learn. You can still meet all of your outcomes, with a more hands-on, active approach, instead of using a passive style of learning.
  - ❑ **Question:** I'm a food service worker. What does my job have to do with adding physical activity to a school day?  
**Answer:** Physical activity and healthy eating are partners in health, and linking them together is the best way to encourage and teach children a healthy lifestyle message.
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**Module Glossary:**

**CLASS ACT:** Created for teachers by teachers, a collection of innovative activities for promoting physical activity in the classroom.

**Interdisciplinary Learning:** An educational process in which two or more subject areas are integrated with the goal of enhancing learning in each of the subject areas.

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## Check "Linking" Actions

1. Use your Environmental Change Plan to check actions for physical activity links.
2. Identify which of the following links are addressed in the plans.
3. Write down ideas for missing links and incorporate them into your plans as possible.

Links with the Classroom:

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Links with School Meals:

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Links with Administration/School Board:

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Links with Parents:

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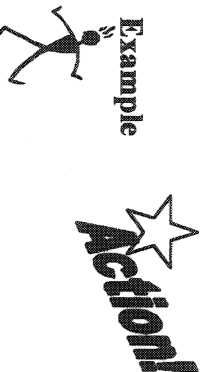
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Links with the Community:

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## Environmental Change Plan

Objective: By December 2005 there will be 4 actions that connect physical activity to school meals and the classroom.

Environmental change methods planned. Check all that apply.	Actions and resources needed to implement the plan	Problems to resolve	Who takes action, and by what date?	Review—results of actions Check all that apply.
<input type="checkbox"/> Policy <input checked="" type="checkbox"/> Collaboration <input type="checkbox"/> Repetition <input checked="" type="checkbox"/> Education <input checked="" type="checkbox"/> Support <input checked="" type="checkbox"/> Reward	<b>Action:</b> <i>Plan a Hop to Health on Oct. 10, 2005.</i>  <b>Resources:</b> <i>Step Up and Step Out example</i>		<i>Sandra forms a planning team by Sept. 5, 2000</i>	<b>Communication:</b> <input type="checkbox"/> Great marketing <input type="checkbox"/> Need M-and-M's <b>Time:</b> <input type="checkbox"/> Good timing <input type="checkbox"/> Needs work <b>Location:</b> <input type="checkbox"/> Good <input type="checkbox"/> Needs work <b>Resources</b> <input type="checkbox"/> Feasible cost <input type="checkbox"/> Good <input type="checkbox"/> Needs work <b>Participation:</b> <input type="checkbox"/> Good <input type="checkbox"/> Needs work <b>Overall:</b> <input type="checkbox"/> Great-continue <input type="checkbox"/> Good-revise <input type="checkbox"/> Fair-revise
-Of-	<b>Action:</b> <i>School Meal activities are planned</i>  <b>Resources:</b> <i>Pyramid Pursuit lesson</i>		<i>Lynn coordinates school meal activities by Sept 25</i>	
<b>Problems resolved:</b> <input type="checkbox"/> Communication <input type="checkbox"/> Time <input type="checkbox"/> Location <input type="checkbox"/> Lack of equipment <input type="checkbox"/> Other	<b>Resources:</b> <i>Sandwich recipe and meal planning guide</i>  <b>Action:</b> <i>Hopscotch game is planned</i>  <b>Resources:</b> <i>Bean bags, chalk or tape</i>		<i>Connie plans and conducts game by Oct. 10</i>	

Comments:

**Example**



**Event Planning Tool**

**Title Of Program/Project/Event:**      **Hop to Health**

☐ Media   ☒ School   ☐ Business   ☐ Community

**Target Audience:** (check all planned for your activity)

☒ Students 485   ☒ Parents 45   ☒ Teachers 65   ☐ School meal director and staff \_\_\_\_  
☒ School administrators 3-5   ☐ Business/community leaders/community-at-large \_\_\_\_

**Outline/Description/Objectives/Ideas:**

1. Plan classroom lesson about balancing food choices with physical activity.  
Play Healthy Hopscotch: Draw your favorite hopscotch outline and write different food groups instead of numbers. Players throw a beanbag or marker onto the first square. Before they hop, they have to name a food from that food group. Players continue from square to square with each successful round until they have completed the course.  
**Note:** Keep all students moving by having them all do a hop, skip, and a jump, around the room when not participating in "hopscotch."
2. Plan Hopscotch Sandwiches in the cafeteria, alternate slices of wheat and white bread.
3. Plan in advance to reward a particular accomplishment with a school-wide "Sock Hop."

**Marketing Plan:** An announcement on the monthly cafeteria menu calendar and in parent newsletter

**Resource Materials/Supplies/Food/Handouts:**

Chalk, Beanbags or markers

School Meal Menu

**Costs/Funding Source:**

Minimal

**Manpower Needed:**

No extra

**Space/Time/Date Requirements:**

Hopscotch Space

**Prep Time:**

Minimal

**Alternate Plan:**

Mark hopscotch outline with tape if the activity needs to be held indoors. Place a picture of the food group outside the box.

**Comments:**